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Home Accident Prevention

Cont'd from Page 1

arrangement to climb on. Get a well-constructed step-stool or stepladder.

From the evidence, stairways seem determined to wage all-out war on the human race. But take another look at the evidence and you will find that the stairway isn't the real villian at all. Instead, it's our own negligence, or in too many cases, just plain laziness. We put things on stairways so we can carry them with us the next time we go up or down the stairs. What happens? Someone else comes along in a hurry, steps on the object, loses his balance — and crash! Down he goes! Never leave things on stairs. Teach the children not to leave their toys or game equipment on the stairs.

Do you know how many stairs are in each stairway in your house? Yes? Then did you learn to count them because the stairway was too dark to see all the stairs? But what about others who don't know your house. Provide adequate light. Banish those dark, dangerous corners in your house. Paint the stair risers with a luminous paint which will make them glow in the dark, or at least paint them in a light color. If your stairs are carpeted, check to be sure the carpeting is not loose anywhere. When carpeting slides forward over the edge of the tread, some unwary person will step down, and, instead of finding solid footing, will just have that awful sinking feeling.

Preventing Burns And Scalds

Year after year safety counselors warn the public not to let children play with matches, and yet the children do, and they get burned. Until children are old enough to learn that matches can be dangerous, keep them out of reach.

Boiling liquids in pots on the stove have scalded many a curious toddler. Turn the pot handles toward the back out of reach. This precaution protects not only the child but also the busy housewife.

Electrical Hazards

Faulty house wiring and worn cords and equipment are both fire and shock hazards. Never touch electrical equipment with wet hands. Buy no electrical equipment or cords which do not carry the label of reliability of the Underwriters' Laboratories. Look for safety controls on all electric equipment before buying. Cap unused electrical outlets. Place cords where they can't cause tripping. Don't run cords under carpets or around door or window frames. Don't nail or tack cords — don't even fasten them with "insulated" staples. If you don't have enough outlets, have more installed by a licensed electrician.

Poison Hazards

Keep all poisonous compounds out of reach of children. It's even better to keep poisonous substances under lock and key. Poisoning accounts for a large part of the accidents which occur in the home. Don't save medicines prescribed by the doctor after an illness unless he tells you to do so. If he does, label the bottle or box, and never use the contents for any ailment except upon the advise of a doctor.

Don't wait until an accident occurs to remedy the cause. That's like locking the barn after the horse escapes. Begin right now to check up on all the accident hazards in your home and do away with them properly.

Sheila J. Franklin, Chairman
Appomattox Junior Woman's Club

Rabies Clinics Scheduled

W. M. Burger, Jr., D.V.M. has announced dates for the 1979 Rabies Dog Vaccination clinics.

There will be a Rabies Dog Vaccination clinic at the Appomattox Animal Hospital from 2 p.m. to 4 p.m. on Friday, January 26; a clinic at Buckingham Court House from 10 a.m. to 12 noon on Saturday, January 27; at the Pamplin Fire House in Pamplin from 12:30 p.m. to 1:30 p.m. on Wednesday, January 31; and at Chambers Store in Red House from 2 p.m. to 3 p.m. on Wednesday, January 31.

State law requires certificate of vaccination before dog licenses may be purchased. There will be a $3.00 fee for vaccination of each dog.

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Driving Tips For Senior Citizens

It's been said that as people advance in life they get what is better than admiration—judgment. And this is apparent on the road. While older drivers make up nearly 30 percent of all drivers, they are involved in less than 20 percent of all accidents in the country.

Here are some tips for mature drivers.

When driving, keep your head and eyes moving. You will be more alert, better able to anticipate danger, and less apt to grow tired.

Avoid driving at dusk. Poor light conditions and long shadows distort and camouflage possible obstacles. Eyes may react slowly to changing light conditions.

On a long trip, plan to drive no more than five or six hours a day. Stop in the afternoon for some exercise to get the knots out of your muscles, have a relaxed dinner, and get a good night's rest.

With juries awarding high judgments in auto accident cases, it's a good idea to consider whether your coverage is adequate. Most companies recommend at least $100,000/$300,000 bodily injury liability limits.

If you have encountered difficulty in obtaining or renewing automobile insur-

OLDER DRIVERS ARE GOOD INSURANCE RISKS.

ance, you will probably be pleased to know that the Colonial Penn Insurance Company meets the needs of mature Americans by specializing in insuring drivers who are 50 years old or older. And each auto policy has a lifetime renewal guarantee feature that pertains to people in this age group.

If you do have an automobile accident, report it. Laws in almost every state require you to report an accident immediately or within a short time if there are personal injuries or property damage in excess of $100 or $200.

A free set of booklets on safe driving tips for the mature motorist is available from Colonial Penn Insurance Company, 5 Penn Center Plaza, Philadelphia, Pennsylvania 19103.

Your Personal MONEY Management

With the annual cost of health care averaging $500 per person, following these tips from the personal money management experts at The Consumer Credit Institute—a counseling service of over 800 consumer finance companies nationwide—can help you prepare for expected, and unexpected, health-related expenses.

* * *

Having the proper insurance is the key to financing major medical expenses, such as surgery and hospital bills. Both individual and group health policies available include a combination of plans that cover a wide range of possible health costs. You should take inventory of your current health insurance, checking on what is covered by insurance at your place of work.

* * *

Any coverage you get should protect your family against the health problems most likely to occur. Later, as your financial situation improves, you may want to add coverage for the less likely risks.

* * *

A helpful planning guide on sound money and credit management entitled "The Consumer's Almanac" is available by sending $1 to The Consumer Credit Institute, 1000 Sixteenth Street, N.W., Suite 601, Washington, D.C. 20036.

Most people are in favor of progress; it's the changes they don't like. — Author Unknown

THE BIBLE AND DAILY LIVING

By Dr. William L. Trimyer

CHRISTIAN MATURITY
Lesson for January 14, 1979

Background Scriptures:
Phil. 3:12-16; I John 4:13-21

"I press toward the mark for the prize of the high calling of God in Christ Jesus."

Looking Ahead

The Christian faith is a pilgrimage, not a glorified stroll down "Primrose Lane." The Christian faith is never a "holiday off" kind of affair; it is a matter of "pressing on" with a determination to mature as a believer.

Paul suggests that we are not to wallow in the memories of past sins and failures. What's done is done. The past should inform how we are to live in the present and future.

Paul is actually speaking to some Christians at Philippi who belived they had reached a goal of spiritual perfection. But he argues that a Christian cannot be content with past service to Christ. The past is only a building block in the ongoing building campaign of God's purposes for human life.

The text prompts us to look ahead and not to linger in the old. The clarion call of God is to face the future and press on to the goal, the prize, the reward of fulfilling the call of God in one's life.

What About Being Perfect?

The word "perfect" is strangely used by Paul. We wonder if anything is perfect this side of heaven. Of course, perfect is relative to whatever you are comparing it with. What is perfect to one person may seem imperfect to another.

In the Christian sense of perfection there isn't such a realm, at least in this life. "Improving" may be a better term, for there is a sense in which we can improve our lot in life, our attitudes, our commitments, our giving of self. It really comes down to the latter, doesn't it? A line in the famous prayer of St. Francis of Assisi says it plainly. "For it is in giving that we receive . . ."

Christians are supposedly in pursuit of a perfected lifestyle and commitment to Christ. It is not a race to outdo one another. To have that attitude is to miss the point of the Christina pilgrimage. It is more meaningful for us to relate to others as fellow strugglers than to give the appearance that we have arrived, at some exalted state of Christian perfection. Perhaps this sounds like a riddle or paradox, but to say that one is a Christian is to be no Christian.

Love As The Goal

I John is saturated with the theme: John addresses his hearers in words that can hardly be misunderstood. Living "by the Spirit" insures that we have the love of God in us. Living by the Spirit and acknowledging who Jesus is identifies a person as a child of God. Love is a maturing process in which fear is cast aside so that we are fee to love. Love and fear do not make good bedfellows!

It is easier to love others when we become consciously aware of God's love for us. Of course, love for God is really authentic when we demonstrate a love for other human beings. This is where the water hits the wheel, isn't it? Are we able to love those persons who are not so loveable? Can we really love when our attitudes towards others are prejudiced? Can we love when we feel ourselves superior to others? We now the answer deep down inside.

The writer of I John says that if we cannot love those people whom we can see and touch, how can we possibly love God whom we have not seen? If we can't be a brother or a sister to another human being, then the question is posed. "Do we really love God?"

Love is a positive command from Christ, who, himself, made love a way of life.

(Dr. Trimyer is Minister of the Elon Baptist Church in Pamplin City, Virginia.)

The future belongs to those who prepare for it.
— Ralph Waldo Emerson

"Tenderness is passion in repose." Joseph Joubert

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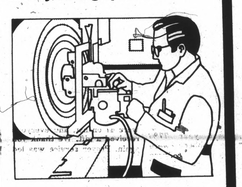

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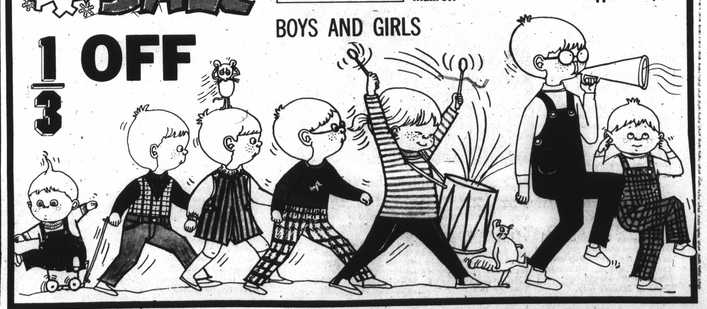

Judy Zimmerman, president; Sue Derbin, March of Dimes representative; and Ricky Mitchell, contestant in United States Association of Blind Athletes; left to right above, were guest speakers at a meeting of the Latin Club.

Latin Club News

Sue Derbin, a March of Dimes representative, spoke to the Latin Club on January 3, 1979. The purpose of her visit was to give the club members a few ideas on ways to raise money for the March of Dimes. Miss Derbin also presented two films to the club which showed the difference between a healthy child and a handicapped child.

Then Ricky Mitchell spoke to the club concerning the United States Association for Blind Athletes (USABA). Ricky will be attending the conference on March 17-24, 1979 in Seattle, Washington. On February 2, 1979, the club will be holding a dance to help send Ricky to Seattle.

After that the meeting was adjourned.

Melinda Davis, Reporter

Hands Up!

You probably know some of the shocking figures about crime in your community. You may know someone who has been victimized. On a national scale - taken from FBI Report for 1975 "Crime in the United States" during 1975, an estimated 11,256,900 offenses were reported to law enforcement agencies, a 10% increase over 1974, a 39% increase over 1970. Every minute in this country, 21 serious crimes are committed. A violent crime occurs every 31 seconds. One murder is committed every 26 minutes; a forcible rape every 9 minutes. Aggravated assault occurs every 65 seconds; robbery every 68 seconds. A motor vehicle is stolen every 32 seconds. Last year 77% were under the age of 25; 58% were under 21. Firearms were the weapons in 66% of last year's murders. Since 1970 shoplifting has increased 73%; nighttime burglary 55%. Seventy-four percent of offenders released serving prison terms were rearrested within four years.

More important than national statistics; how does crime affect you where you live? Must we throw our hands up in fear or put our hands up to join a national volunteer effort to reduce crime?

The HANDS UP Program can help you do something. HANDS UP is a national volunteer program for use in your community. It suggests ways for people to discuss, agree, plan and act to solve their community problems. It calls for factfinding. It calls for cooperation among community groups. It calls for practical evaluation.

The General Federation of Woman's Clubs launched the project in 1975. Local clubs surveyed social service agencies, GFWC members and the public on their attitudes and opinions about crime. In early 1976, a national meeting took place. Among the participants were GFWC delegates, representatives from ethnic and special interest groups, exoffenders, criminal justice specialists, citizen leaders and victims. They learned a process for initiating action programs for crime reduction. GFWC delegates went home with ideas for setting up action agendas in communities throughout the country. Now, clubs in every part of the country are working with other community groups and media on programs of action aimed at reducing crime.

HANDS UP is a nationwide volunteer program of crime reduction sponsored by the General Federation of Women's Clubs. GFWC's 600,000 members in 13,067 clubs across the country work to improve the quality of life in their communities.

HANDS UP is sponsored locally by the Appomattox Junior Woman's Club, Inc.

ALABAMA BAPTIST

Humble yourselves in the sight of the Lord, and He shall lift you up. 4 Chapter James - 10 verse.

Happy New Year the Alabama Baptist Church members and friends are extending to each and everyone. The Holiness Singers thank each group and everyone that help them to make program a success for the sick and shut in and Elderly people for Christmas. The number they had were 47 on list, and everyone received a gift. We thank you again. Prayer service was led by the young choir members and Woodrow Jackson. Everyone joined in. We had wonderful services at the church. Our pastor on duty. Scripture was taken from Second Chapter of Corinthians 6 - 2 verse. Theme "Today" A lovely message was given. Our pastor gave some lovely remarks for the new year. A large crowd attended the service although the weather was bad. Visitors from Mt. Lyle, White Oak Grove, New Store, Triumph, Sulphur Spring, Mt. Zion, Red House. Remember the sick. Our prayers go out to everyone. A specail prayer for Mrs. Mary Ellen Bolden, she is in Farmville Hospital. May God bless each one of you in the year 1979.

Our sympathy goes out for Mr. and Mrs. Robert Barnes that lost his father.

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